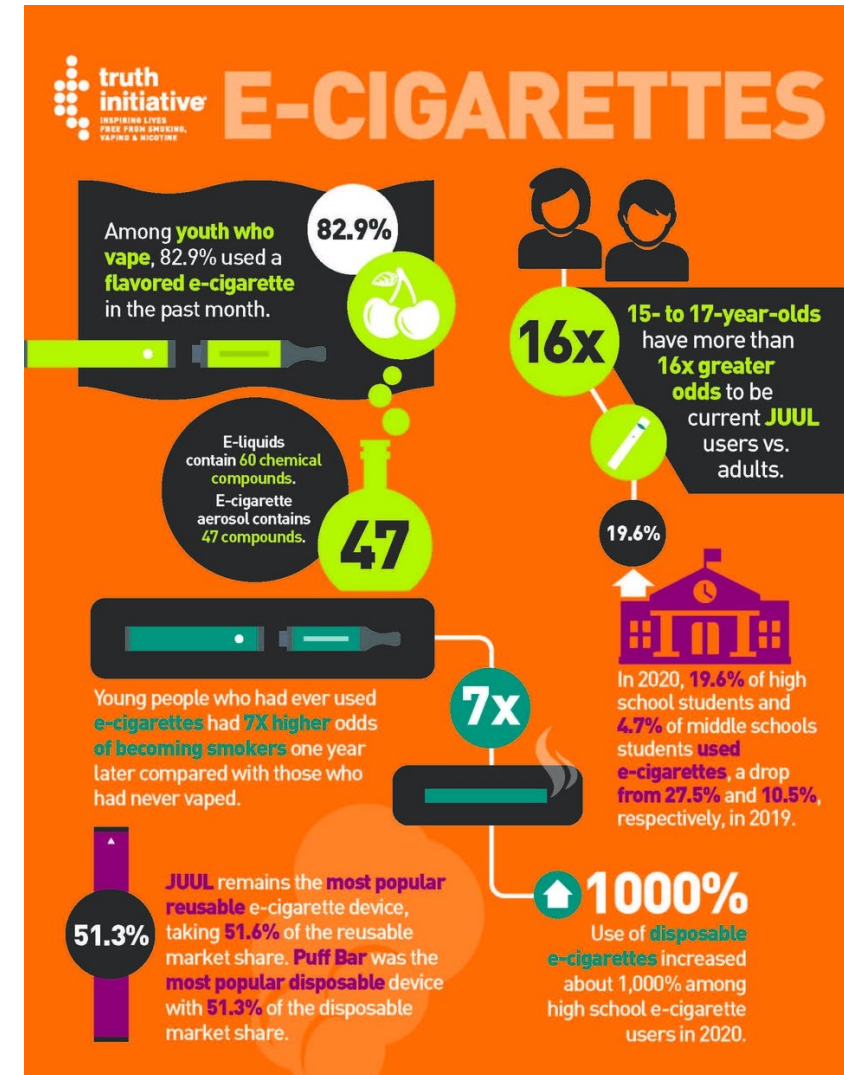




# What's So Bad About E-Cigarettes and Vape Pens?

Things you should know....





# What is vaping?

- **E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.**
- **E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.**
- **Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products.**
- **E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”**
- **Using an e-cigarette is sometimes called “vaping.”**



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# How does a vape work?

- **E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help to make the aerosol.**
- **The liquid used in e-cigarettes often contains nicotine and flavorings. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid."**
- **Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.**
- **E-cigarette devices can be used to deliver marijuana and other drugs.**



## What is JUUL?

- **JUUL is a brand of e-cigarette that is shaped like a USB flash drive. Like other e-cigarettes, JUUL is a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled.**
- **All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.**
- **Approximately two-thirds of JUUL users aged 15 – 24 do not know that JUUL always contains nicotine.**





## What is an Elf Bar?

- **An Elf Bar is another brand of vape or e-cigarette.**
- **Each bar contains the equivalent of 40- 50 cigarettes.**
- **They are very addictive and can cause serious health issues.**





## **Why is vaping dangerous?**

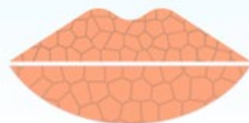
- **Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.**
- **Using nicotine in childhood can harm the parts of the brain that control attention, learning, mood, and impulse control.**
- **Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.**
- **Using nicotine in childhood may also increase risk for future addiction to other drugs.**



# Vaping Side Effects

## Side Effects Of Vaping Are:

Dry mouth



Dizziness



A cough



Dry skin



Dry eyes



Itchiness



Insomnia

*(mainly a quitting side effect)*



Bleeding



Nosebleeds







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